

1. Gardner, Jack H 2. 1st Lt. 3. 23 4. 5' 7 1/2" 5. 0-520497  
(Name (last name first)—print) (Rank or grade) (Age) (Height—feet, inches) (Army Serial No.)

2. 1st Lt.  
(Rank or grade)

3. 23  
(Age)

4. 5' 7 1/2"  
(Height—feet, inches)

5. 0-520497  
(Army Serial No.)

## CUMULATIVE RECORD

[illegible]

**SCORING PROCEDURE:** John Doe makes the following record:

He sits-up 37 times, circles score 52 (does not circle performance record); chins 8 times, circles score 49 runs the shuttle-run in 53 seconds, circles score 56 adds the three scores: 52 plus 49 plus 56 equals 157; locates 157 (the nearest No. is 156) in "Sum of Scores" in column under P. F. R.; circles the P. F. R. score 52 which is to the right of 156. Thus 52 is the Physical Fitness Rating of John Doe, which places him in the "Good" category. Whenever the number which represents the performance record, or sum of scores is not listed, select the nearest number and properly record.

**PHYSICAL FITNESS PROFILE:** To make profile, connect each circle with a straight line.

16-37399-1

**W. D. A. A. F. Form No. 28A**  
(Revised 1 Nov. 1943)

**ARMY AIR FORCES PHYSICAL FITNESS TEST  
AND RECORD CARD**

(FRONT)



# ACHIEVEMENT SCALES

SIT-UPS		PULL-UPS		SHUTTLE-RUN		Sum of Scores		P. F. R.
No.	Score	No.	Score	No.	Score			
114	100	24	100	41	100	300	EXCELLENT	100
108	98	23	98			294		98
102	96	22	96	42	96	288		96
96	95	21	95			285		95
90	93	20	93	43	93	279		93
85	90	19	90			270		90
81	85	18	85	44	85	255		85
77	81	17	81			243		81
73	78	16	78	45	78	234		78
69	75	15	75	46	75	225	VERY GOOD	75
66	74					222		74
64	73			47	73	219		73
62	72	14	72	48	71	216		72
60	70					210		70
58	68	13	68	49	67	204		68
56	66					198		66
54	65	12	65	50	65	195		65
52	64					192		64
50	63	11	62	51	63	189	GOOD	63
48	61					183		61
47	60			52	60	180		60
45	58	10	58			174		58
44	57			53	56	171		57
42	55					165		55
40	54	9	54			162		54
38	52			54	52	156		52
36	50	8	49			150		50
33	48			55	48	144		48
31	47					141		47
30	46			56	46	138		POOR
29	45	7	45			135	45	
28	44			57	44	132	44	
27	42	6	41	58	42	126	42	
26	40			59	40	120	40	
25	38	5	38	60	38	114	38	
24	36			61	36	108	36	
22	35	4	35			105	35	
21	34			62	34	102	34	
19	33	3	32	63	32	99	VERY POOR	33
17	30			64	30	90		30
15	27	2	26	65	27	81		27
12	23			66	23	69		23
9	20			67	20	60		20
6	17	1	17	68	17	51		17
3	15			69	15	45		15
1	10			70	10	30		10